

2019 Nevada Senior Games -- Track & Field Records

NSG T&F Meet Records going back to 1994, with the lines for records set this year in **BOLD**:

50m Dash

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Palmer, Lisbeth	54	7.32	Waltham, MA	2014
55-59	Upshaw, Joy	57	7.37	Lafayette, CA	2018
60-64	Jager, Kathy	61	7.56	Glendale, AZ	2004
65-69	Jordan, Barbara	69	7.69	So. Burlington, VA	2004
70-74	Lary, Audrey	70	8.01	Frederick, MD	2004
75-79	Lary, Audrey	75	8.79	Frederick, MD	2009
80-84	Bortignon, Christa	82	9.38	West Vancouver, BC, Canada	2019
85-89	Obera, Irene R.	85	10.30	Fremont, CA	2018
90+	Valien, Johnnye	91	18.90	Los Angeles, CA	2016

50m Dash

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Fitzgerald, Michael	50	6.64	Mason City, IA	2010
55-59	Leake, Damien	56	6.57	Van Nuys, CA	2010
60-64	Leake, Damien	60	6.74	Van Nuys, CA	2012
65-69	Taste, Lee	66	6.76	Dayton, OH	2015
70-74	Johnson, Tom	73	6.96	Dayton, OH	2014
75-79	Bittner, William	75	7.68	Piperville, PA	2012
80-84	Champion, Marvin	80	8.15	Denver, CO	2018
85-89	Hewitt, Robert	85	9.10	Gresham, OR	2018

100m Dash

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Raschker, Phil	52	12.49	Marietta, GA	1998
55-59	Upshaw, Joy	57	13.70	Lafayette, CA	2018
60-64	Jager, Kathy	61	14.48	Glendale, AZ	2004
65-69	Jordan, Barbara	69	14.89	So. Burlington, VA	2004
70-74	Lary, Audrey	70	16.3	Frederick, MD	2004
75-79	Bergen, Kathy	75	15.25	La Canada, CA	2014
80-84	Bortignon, Christa	82	17.99	West Vancouver, BC, Canada	2019
85-89	Obera, Irene R.	85	19.45	Fremont, CA	2018
90+	Bauer, Lorma	90	26.21	Northfield, IL	2012

100m Dash

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Gibbon, David	54	11.84	Cottonwood Heights, UT	2019
55-59 Leake, Damien	58	12.16	Van Nuys, CA	2010
60-64 Tolson, Harold	62	12.34	San Diego, CA	1998
65-69 Bryant, N	65	12.76	West Bloomfield, MI	2014
70-74 Whitley, Stan	70	13.85	Alta Loma, CA	2015
75-79 Bowles, Steve	75	14.17	Henderson, NV	2014
80-84 Richards, Dick	80	15.37	Encinitas, CA	2014
85-89 Hewitt, Robert	85	18.00	Gresham, OR	2018
90+ Conway, Lee	91	25.85	Alameda, CA	2018

200m Dash

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Raschker, Phil	52	27.8	Marietta, GA	1999
55-59 Shook, Kathleen	56	30.18	Zionville, IN	2017
60-64 Jager, Kathy	61	30.7	Glendale, AZ	2004
65-69 Woodard, Loretta	65	33.78	Powder Springs, GA	2019
70-74 Lary, Audrey	70	34.27	Frederick, MD	2004
75-79 Bortignon, Christa	75	35.42	West Vancouver, BC, Canada	2012
80-84 Bortignon, Christa	80	37.79	West Vancouver, BC, Canada	2017
85-89 Styles, Frances	85	42.9		2012

200m Dash

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Gibbon, David	54	24.84	Cottonwood Heights, UT	2019
55-59 Brooks, Mel	55	24.76	San Diego, CA	1996
60-64 Tolson, Harold		25.06	San Diego, CA	1998
65-69 Chinn, James	67	25.01	San Marcos, CA	2012
70-74 Whilden, Robert		28.84	Houston, TX	2005
75-79 Bowles, Steve	75	29.82	Henderson, NV	2014
80-84 Champion, Marvin	81	35.42	Denver, CO	2019
85-89 Thompson, William	86	42.83	Hamilton, ON	2015
90+ Conway, Lee	91	62.40	Alameda, CA	2018

400m Dash

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54 Demetrios, Darla	51	67.56	Reno, NV	2014

55-59	McDonald, Sue	55	65.61	Santa Barbara, CA	2018
60-64	Hinz, Lesley	60	72.94	Atlanta, GA	2018
65-69	Schaefer, Betty	65	1:19.71	Buckeye, AZ	2014
70-74	Allison, Sheila	74	1:36.41	Surrey, BC, Canada	2019
75-79	Schley, Helen		1:59.91	Myersville, MD	2004
80-84	Schley, Helen		2:27.53	Myersville, MD	2007

400m Dash

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Moody, Cory	50	54.46	Las Vegas, NV	2011
55-59	Brooks, Mel	55	56	San Diego, CA	1996
60-64	Ross, John		59.5		1997
65-69	Barnel, Dave		60.81	Las Vegas, NV	1994
	tie Brooks, Mel		60.81	San Diego, CA	1998
70-74	Brown, Rodney		66.04	St. George, UT	1996
75-79	Strouse, Frank	75	75.58	San Jose, CA	2015
80-84	Bulkey, Daniel		1:21.26		2000
85-89	Thompkins, Frederick		1:46.0	Sedona, AZ	2005
90+	Van Tatenhove, James	90	4:04.77	Las Vegas, NV	2019

800m Run

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Fellebron, Catherine	51	2:44.21	Chino Valley, AZ	2011
55-59	McDonald, Sue	55	2:44.67	Santa Barbara, CA	2018
60-64	Hinz, Lesley	60	2:49.79	Atlanta, GA	2018
65-69	Tiernan, Carolyn	65	3:15.46	Bishop, CA	2016
70-74	Ackerman, Lola	72	3:43.42	Beaumont, CA	2016
75-79	Shanta, Janet	76	4:59.49	Henderson, NV	2018
80-84	Russell, Marybelle		5:44.59	Las Vegas, NV	2002

800m Run

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Plank, Gary		2:18.63	Flagstaff, AZ	2006
55-59	Jones, Robert	55	2:21.36	Pocatello, ID	2014
60-64	Southwick, Edward	60	2:22.68	Las Vegas, NV	2015
65-69	Gregson, John		2:22.18	CA	1996
70-74	Van Tatenhove, James	70	2:46.16	Las Vegas, NV	1999
75-79	Flanagan, Paul	79	3:29.00	Longview, WA	2010
80-84	Van Tatenhove, James	80	3:49.90	Las Vegas, NV	2010

85-89	Thompkins, Frederic	88	4:53.94	Sedona, AZ	2005
90+	Van Tatenhove, James	90	9:57.01	Las Vegas, NV	2019

1500m Run

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Marr, Jackie	53	6:05.03	Albuquerque, NM	1996
55-59	La Vione, Yvette	56	5:58.03	Los Angeles, CA	1996
60-64	Hinz, Lesley	60	5:56.36	Atlanta, GA	2018
65-69	Tiernan, Carolyn	65	6:29.91	Bishop, CA	2016
70-74	Lima, Aida	73	7:47.74	Rio de Janeiro, Brazil	2008
75-79	Garcia-Moreno, Maria Celia	75	9:49.68	Mexico	2014
80-84	Russell, Marybelle	80	11:10.40	Las Vegas, NV	2002

1500m Run

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Swick, Dennis		4:49.05	Las Vegas, NV	1997
55-59	Giersberg, Robert		5:11.95	Phoenix, AZ	2001
60-64	Fussell, Michael	61	5:06.50	Scottsdale, AZ	2018
65-69	Bernal, Dave	67	5:37.92	Henderson, NV	2002
70-74	Gustafson, John	70	5:52.78	Cross Woods, UT	2009
75-79	Ogden, Ken	75	6:33.88	Salem, OR	2011
80-84	Culling, Robert	82	7:29.22	Hacienda Heights, CA	2014

5km Run / Road Race

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Troffer, Christina	50	21:49.00	CA	2008
55-59	La Vione, Yvette	56	21:22.00	Los Angeles, CA	1996
60-64	Hoagland, Jeanne	60	23:49.00	Los Angeles, CA	1996
65-69	King, Nancy	67	25:29.00	Sparks, NV	2014
70-74	Demsky, Ellen	72	27:36.77	Tarzana, CA	2012
75-79	Shanta, Janet	77	36:45.00	Henderson, NV	2018
80-84	Lawson, Majorie	82	42:56.00	Vista, CA	2006

5km Run / Road Race

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Mazone, Jake	52	17:48.00	Las Vegas, NV	2014
55-59	Poulsen, Thomas	58	19:17.00	NV	2008
60-64	Ogden, Ken	60	20:49.00	Salem, OR	1996
65-69	Madonna, Jim	68	22:21.01	Fairbanks, AK	2006

70-74	Flannagan, Paul	74	23:24.00	Longview, WA	2005
75-79	Ogden, Ken	78	24:44.00	Salem, OR	2014
80-84	Culling, Robert	82	24:03.00	Hacienda Heights, CA	2014

10km Road Race

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Bonilla, Rosalva	52	44:28.00	Las Vegas, NV	2014
55-59	Cordes, Suzanne	59	45:14.60	Alamo, CA	2018
60-64	Keith, Karen		43:59.20	Las Vegas, NV	1998
65-69	Winiecki, Patrici	67	1:06:47.60	Paramount, CA	2018
70-74	Demsky, Ellen	72	1:03:43.00	Tarzana, CA	2012
75-79	Shanta, Janet	76	1:13:14.82	Henderson, NV	2017

10km Road Race

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Buckley, Kirk	50	42:25.10	N. Las Vegas, NV	2018
55-59	Poulsen, Thomas	58	40:01.00	NV	2008
60-64	Hamman, Frank	62	43:05.46	Las Vegas, NV	2006
65-69	Du Preez, Ronald	65	45:22	Fort Mohave, AZ	2016
70-74	Flanagan, Paul	74	49:40.00	Longview, WA	2005
75-79	Flanagan, Paul	75	50:38.36	Longview, WA	2006

1500m Race Walk

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Sedlak, Visha	50	8:07.00	CO	1998
55-59	Tejeda, Jo	56	8:52.00	Las Vegas, NV	2012
60-64	Sinkovec, Rita	61	8:55.00	CO	1999
65-69	Sheffield, Emily	66	10:32.00	GA	1996
70-74	Frable, Kathleen	71	10:15.01	Ivins, UT	2016
75-79	Gammil, Grace	75	12:57.00	Las Vegas, NV	2003
80-84	Cheetham, Renate	82	12:06.55	Surrey, BC, Canada	2019

1500m Race Walk

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Morrow, Art	50	9:00.73	Palm Desert, CA	2014
55-59	Ferrier, Robert	57	8:00.00	Albuquerque, NM	1996
60-64	DuBois, Alfred	63	7:56.00	WI	1996
65-69	Moore, Ted	65	7:51.00	Las Vegas, NV	2004
70-74	Lawson, Paul	70	9:13.66	Claremont, CA	2017

75-79	Parrin, Joseph	75	9:55.00	Las Vegas, NV	1996
80-84	Irish, George	83	11:46.16	Las Vegas, NV	2009
85-89	Irish, George	86	12:15.00	Las Vegas, NV	2012

5km Race Walk

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Sedlak, Visha	50	30:19.00	CO	1998
55-59	Sinkovec, Rita	59	32:38.39	CO	1998
60-64	Sinkovec, Rita	60	31:14.00	CO	1999
65-69	Walker, Charlotte	66	36:16.00	CA	1996
70-74	Frable, Kathleen	71	36:24.75	Ivins, UT	2016

5km Race Walk

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Crabb, David	50	28:07	Las Vegas, NV	1997
55-59	Lilleheug, Ray	59	26:13.8	Las Vegas, NV	2013
60-64	Weeks, Bob	63	24:35	CA	2004
65-69	Moore, Ted	66	28:56	Las Vegas, NV	2005
70-74	Frable, Norman	71	31:18.15	Ivins, UT	2016
75-79	Perrin, Joseph	75	35:25	Las Vegas, NV	1996
80-84					
85-89	Hanna, John	85	42:10	CA	1996

1500m Power Walk

	<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54	Theofelis, Theresa	54	11:25.14	Federal Way, WA	2019
55-59					
60-64	Sweat, Ann	63	11:28.80	Las Vegas, NV	2018
65-69	Stapleton, Sandra	67	10:02.75	Henderson, NV	2019
70-74	Bosco, Janice	74	14:24.92	Henderson, NV	2018
75-79	Bosco, Janice	75	13:55.88	Henderson, NV	2019
80-84					

1500m Power Walk

	<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54					
55-59	Dahms, Steven	57	9:45.21	Idaho Falls, ID	2019
60-64					
65-69	Delvaney, Michael	69	9:49.22	Globe, AZ	2019

70-74	Gast, Monte	72	10:14.03	Marina Del Rey, CA	2019
75-79	Shanta, Tim	79	13:27.31	Henderson, NV	2018

5km Power Walk

<u>Women</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>	
50-54					
55-59	Mazzoli, Regina	58	43:25.61	Las Vegas, NV	2018
60-64					
65-69	Stapleton, Sandra	67	34:29.67	Henderson, NV	2019
70-74					
75-79					
80-84	Hulet, Edythe	81	51:09.11	Olympia, WA	2018

5km Power Walk

<u>Men</u>	<u>Age</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>	
50-54					
55-59	Dahms, Steven	57	34:21.51	Idaho Falls, ID	2019
60-64					
65-69	Delvaney, Michael	69	35:39.93	Globe, AZ	2018

Hurdles

<u>Women – Short Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Palmer, Lisbeth	54	80m	13.25	Waltham, MA	2014
55-59	Hanson, Rita	59	"	13.98	San Diego, CA	2013
60-64	Peck, Peggy	60	"	20.55	The Villages, FL	2014
65-69	Jordan, Barbara	69	"	17.15	Burlington, VT	2004
75-79	Bortignon, Christa	75	"	18.39	West Vancouver, BC, Canada	2012
80-84	Obera, Irene	83	"	20.94	Fremont, CA	2016
<u>Women – Long Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>	
50-54		300m				
55-59	Upshaw, Joy	57	"	54.51	Lafayette, CA	2018
60-64	Hanscon, Rita	60	"	54.33	San Diego, CA	2014
65-69	Lowery, Linda	67	"	76.92	Smyrna, GA	2018

Hurdles

<u>Men – Short Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Walters, Tim		100m	13.49	Washington CH, OH	2004
55-59	Snodgrass, Ernie	59	"	17.01	Torrance, CA	2012
60-64	Dolezel, Jim	61	"	18.18	Midwest City, OK	2011

65-69	Labelle, George	66	"	19.65	Zimmerman, MN	2005
70-74	Stookey, James		80m	13.86	Dickerson, MD	2004
75-79	Stookey, James		"	14.98	Dickerson, MD	2007
80-84	Bergfeldt, Bob	80	"	19.09	Chandler, AZ	2016
	<u>Men – Long Hurdles</u>	<u>Age</u>	<u>Dist</u>	<u>Time</u>	<u>Home Town</u>	<u>Year</u>
50-54			400m			
55-59	Sabree, Paul	56	"	79.53	Pendleton, SC	2015
60-64	Sabree, Paul	60	300m	53.19	Pendleton, SC	2019
65-69	McLawhorn, David	65	"	59.02	Temecula, CA	2019
70-74	Renwick, Doug	72	"	59.54	Clavet, SK, Canada	2014
75-79	Gee, Arthur	75	"	79.51	Burnaby, BC, Canada	2019

High Jump

	<u>Women</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Raschker, Phil	52	1.47	4' 10"	Marietta, GA	1999
55-59	Hanson, Rita	56	1.45	4' 9"	San Diego, CA	2010
60-64	Radcliffe, Merge		1.2	3' 11 ¼"	Lake Cowihan, BC, Canada	2003
65-69	Wright, Evelyn		1.34	4' 4 ¾"	Annapolis, MD	2003
70-74	Donley, Christel	74	1.02	3' 4"	Colorado Springs, CO	2009
75-79	Bergen, Kathy	75	1.25	4' 1"	La Canada, CA	2014
80-84	Hinton, Margaret		1.04	3' 5"	Comfort, TX	2001
85-89	Styles, Frances	85	0.86	2' 9 ¾"	Colorado Springs, CO	2012

High Jump

	<u>Men</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Stockwell, Robert	52	1.78	5' 10"	Las Vegas, NV	1999
55-59	Halvin, Peter	55	1.67	5' 5 ¾"	Aliso Viejo, CA	2013
60-64	Williamson, Mark	61	1.71	5' 7.25"	Las Vegas, NV	2018
65-69	Sauers, James	66	1.60	5' 3"	Dacula, GA	2014
70-74	Sauers, James	70	1.55	5' 1"	Dacula, GA	2018
75-79	Spainhower, Doug	75	1.32	4' 4"	Fruit Heights, UT	2009
80-84	Shellenberg, Harvey	80	1.18	3' 10 ½"	Reedley, CA	2012
	tie Bergfeldt, Bob	80	1.18	3' 10 ½"	Chandler, AZ	2016
85-89	Hewitt, Robert	85	1.10	3' 7.75"	Gresham, OR	2018

Pole Vault

	<u>Women</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Raschker, Phil	52	3.2	10' 6"	Marietta, GA	1999
55-59	Hanscon, Rita	57	2.44	8' 0"	San Diego, CA	2011

60-64	Oconner, Nadine		2.89	9' 5 ¾"	San Diego, CA	2005
65-69	Jager, Kathy	67	2.15	7' 0 ½"	Glendale, AZ	2010
70-74	Valien, Johnnye	73	1.25	4' 1.5"	Los Angeles, CA	1998
75-79						
80-84	Valien, Johnnye	81	0.86	2' 9 ¾"	Los Angeles, CA	2006

Pole Vault

	<u>Men</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Haynie, Ralph	53	3.81	12' 6"	Maricopa, AZ	2007
55-59	McFarling, Brad	56	3.85	12' 7 ½"	College Station, TX	2014
60-64	Killpelainen, Matti	60	3.83	12' 6 ¾"	Canton, MI	2005
65-69	Killpelainen, Matti	65	3.49	11' 5 ½"	Canton, MI	2011
70-74	Steinman, John	70	2.75	9' 0 ¼"	Carson City, NV	2006
75-79	Held, Bud	77	2.89	9' 5 ¾"	Caminito Del Mar, CA	2005
80-84	Pellman, Donald	83	1.83	6' 0"	Mt. Home, AZ	1998
85-89						
90+	Pellman, Donald	93	1.07	3' 6"	Mt. Home, AZ	2008

Long Jump

	<u>Women</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Raschker, Phil	53	5.05	16' 7"	Marietta, GA	1999
55-59	Hanson, Rita	57	4.59	15' ¾"	San Diego, CA	2011
60-64	Cohn, Linda	62	3.87	12' 8 ¼"	Northridge, CA	2014
65-69	Jager, Kathy	67	3.74	12' 3 ¼"	Glendale, AZ	2010
70-74	Lary, Audrey	70	3.6	11' 10"	Frederick, MD	2004
75-79	Bortignon, Christa	77	3.53	11' 6 ¾"	West Vancouver, BC, Canada	2014
80-84	Bortignon, Christa	80	2.96	9' 8 ½"	West Vancouver, BC, Canada	2017
85-89	Kotelko, Olga	85	1.95	6' ½"	West Vancouver, BC, Canada	2004
90+	Valien, Johnnye	91	1.30	4' 3 ¼"	Los Angeles, CA	2016

Long Jump

	<u>Men</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Bayless, Robert	50	5.54	18' 2 ½"	TX	2010
55-59	Blakburn, Bob	56	5.8	19' ½"	Keizer, OR	2011
60-64	Parnell, Roger	61	5.53	18' 1 ¾"	Susanville, CA	2010
65-69	Tilton, Frank	69	4.53	14' 10 ½"	Springfield, MO	2015
70-74	Spainhower, Doug	71	4.74	15' 6 ¾"	Fruit Heights, UT	2004
75-79	Stookey, James	75	4.13	13' 6 ¾"	Dickerson, MD	2007
80-84	Pellman, Don	83	3.4	11' 2"	Mt. Home, AZ	1998

85-89	Hewitt, Robert	85	3.29	10' 9.5"	Gresham, OR	2018
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Standing Long Jump

<u>Women</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Baker, Julie	54	2.57	8' 5 3/4"	Las Vegas, NV	2017
55-59	Baker, Julie	55	2.19	7' 2.25"	Las Vegas, NV	2018
60-64	Cohn, Linda	61	2.13	7' 0"	Northridge, CA	2013
65-69	Cohn, Linda	66	1.92	6' 3 3/4"	Northridge, CA	2018
70-74	Langer, Bridgette		2.13	7' 0"	Wayland, MA	2003
75-79	Bortignon, Christa	77	1.69	5' 6 3/4"	West Vancouver, BC, Canada	2014
80-84	Bortignon, Christa	80	1.69	5' 6 3/4"	West Vancouver, BC, Canada	2017
85-89	Styles, Frances	85	1.96	3' 1 3/4"	Colorado Springs, CO	2012

Standing Long Jump

<u>Men</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Watson, Donald	52	2.84	9' 3 3/4"	Walnut Creek, CA	2006
55-59	Watson, Donald	56	2.95	9' 8"	Walnut Creek, CA	2011
60-64	Wilson, Steve	60	2.71	8' 10 3/4"	Wichita, KS	2011
65-69	Wilson, Steve	65	2.56	8' 4 3/4"	Wichita, KS	2015
70-74	Spainhower, Doug	71	2.41	7' 11"	Dickerson, MD	2005
75-79	Rheams, Larry	75	2.27	7' 5 1/2"	Eureka, MO	2017
80-84	Bergfeldt, Bob	80	2.11	6' 11 1/2"	Chandler, AZ	2016
85-89	Gray, Ronald	85	1.49	4' 10 3/4"	Denver, CO	2017

Triple Jump

<u>Women</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Raschker, Phil	53	10.09	33' 1 1/4"	Marietta, GA	1999
55-59	Cohn, Linda	59	8.76	28' 9"	Northridge CA	2011
60-64	Lowery, Linda	62	8.49	27' 10 3/4"	Decatur, GA	2013
65-69	Lary, Audrey	68	8.16	26' 9 1/2"	Frederick, MD	2001
70-74	Lary, Audrey	71	8.02	26' 3 3/4"	Frederick, MD	2004
75-79	Bortignon, Christa	75	7.71	25' 3 1/2"	West Vancouver, BC, Canada	2012
80-84	Bortignon, Christa	80	6.74	22' 1 1/2"	West Vancouver, BC, Canada	2017
85-89	Valien, Johnnye	87	5.58	18' 7 3/4"	Los Angeles, CA	2012

Triple Jump

<u>Men</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Martin, Vincent	51	11.90	39' 0.25"	Knoxville, TN	2018
55-59	Bunker, Donald	56	10.77	35' 4"	Apple Creek, OH	2016

60-64	Smith, Joe	63	10.54	34' 7"	Lynnwood, WA	2019
65-69	Mimm, Greg	65	9.59	31' 5 ¾"	Mission Viejo, CA	2013
70-74	Stooky, James	73	9.37	30' 9"	Dickerson, MD	2003
75-79	Stooky, James	75	9.3	30' 6 ¼"	Dickerson, MD	2005
80-84	Salazar, Gus	80	6	19' 8"	Eloy, AZ	2008
85-89	Hewitt, Robert	85	7.28	23' 10 ¾"	Gresham, OR	2018
90+	Pellman, Donald	93	5.81	19' 0 ¾"	Mt. Home, AZ	2008

Shot Put

	<u>Women</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Jackson, Angela	51	11	36' ¾"	St. George, Barbados	2014
55-59	Mensey, Myrle	56	11.2	36' 9"	St Louis, MO	2005
60-64	Dunton, Linn	60	10.14	33' 3 ¼"	Pine Valley, CA	2016
65-69	Sherrard, Cherrie	68	8.77	29' 9 ¼"	Vallejo, CA	2006
70-74	Donley, Christel	74	7.33	24' 0 ¾"	Colorado Springs, CO	2009
75-79	Donley, Christel	77	7.92	26'	Colorado Springs, CO	2012
80-84	Kotelko, Olga	84	6	19' 8 ¼"	Canada	2003
85-89	Hines, Mary	87	5.93	19' 5 ½"	Tucson, AZ	2016
90+	Valien, Johnnye	91	4.90	16' 1"	Los Angeles, CA	2016

Shot Put

	<u>Men</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Darby, Carl	51	15.66	51' 4 ½"	NV	2008
55-59	Holden, Gregory	59	14.07	46' 2"	Sun City, CA	2017
60-64	Torbert, Quenton	64	16.17	53' 0 ¾"	Redlands, CA	2015
65-69	Hearn, Edward	65	13.42	44' ¼"	Wilmington, NC	2014
70-74	Harvey, William	71	14.38	47' 2"	Glenbrook, NV	2016
75-79	Gaynor, Arnie		12.62	41' 5"	Palm Desert, CA	2003
80-84	Hurlbert, Ken	80	12.41	40' 8 ¾"	Shafter, CA	2019
85-89	Hewitt, Robert	85	8.76	28' 9"	Gresham, OR	2018
90+	Lewellen, Harvey	90	8.19	26' 10 ½"	Springfield, OR	2019

Discus

	<u>Women</u>	<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Jackson, Angela	53	32.10	105' 4"	St. George, Barbados	2016
55-59	Stratton, Joan	56	27.85	91' 5"	Zephyr Cove, NV	2007
60-64	Cohn, Linda	66	23.25	76' 3"	Northridge, CA	2018
65-69	Wright, Evelyn		22.43	73' 7"	Annapolis, MD	2003
70-74	Lary, Audrey	71	19.75	64' 9"	Frederick MD	2005

75-79	Bergen, Kathy	75	22.17	72' 8 ½"	La Canada, CA	2014
80-84	Hinton, Margaret		20.29	66' 7"	Comfort, TX	2001

Discus

	<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Burton, Ray	50	50.58	165' 11"	Aloha, OR	2006
55-59	Burton, Ray	55	45.11	148'	Aloha, OR	2010
60-64	Fruguglietti, Ralph	61	54.73	179' 7"	Bakersfield, CA	2016
65-69	Pratt, Larry	66	47.44	155' 8"	Newark, DE	2007
70-74	Pratt, Larry	70	44.33	145' 5"	Newark, DE	2011
75-79	Geynor, Arnie		38	124' 8"	Palm Desert, CA	2002
80-84	Bergfeldt, Bob	80	33.05	108' 5"	Chandler, AZ	2016
85-89	Nickelson, James	85	19.21	63'	Las Vegas, NV	2017
90+	Pellman, Donald	93	23.85	78' 3"	CA	2008

Hammer Throw

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Dutton, Linn	54	34.76	114'	Pine Valley, CA	2010
55-59	Stratton, Joan	55	37.58	123' 3"	Zephyr Cove, NV	2006
60-64	Alegria, Dybvig	61	38.88	127' 7"	Tucson, AZ	2019
65-69	Wright, Evelyn		26.46	86' 10"	Annapolis, MD	2003
70-74	Lary, Audrey	71	22.05	72' 4"	Frederick MD	2005
75-79	Hunter, Patricia	75	22.04	72' 4"	Irvine, CA	2017
80-84	Acton, Myrtle	83	20.79m	68' 2"	Sooke, BC, Canada	2015

Hammer Throw

	<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Watson, Richard	54	54.83	179' 11"	Yuma, AZ	2006
55-59	Noyes, Edward	55	48.53	159' 3"	Los Altos, CA	2016
60-64	Gage, Tom	63	59.59	195' 6"	Billings, MT	2006
65-69	Burke, Edward	66	55.72	182' 10"	Los Gatos, CA	2006
70-74	Burke, Edward	72	56.29	184' 8"	Los Gatos, CA	2012
75-79	Rheams, Larry	75	38.98	127' 8"	Eureka, MO	2017
80-84	LaBarge, Pete	80	35.33	115' 11"	Runaway Bay, TX	2019
85-89	Durrenberger, Joe	85	? 19.26	63' 2"	Dade City, FL	2013
			?			
90+	Lewellen, Harvey	90	25.77	84' 6"	Springfield, OR	2019

Javelin

<u>Women</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Raschker, Phil	52	32.2	105' 8"	Marietta, GA	1999
55-59	Cohn, Linda	59	39.07	128' 2"	Northridge, CA	2011
60-64	Cohn, Linda	60	37.24	122' 2"	Northridge, CA	2012
65-69	Cohn, Linda	66	33.57	120' 2"	Northridge, CA	2018
70-74	Brandt, Barbara	70	24.32	79' 9 ½"	Mesa, AZ	1999
75-79	Valien, Johnnye	79	19.15	62' 10"	Los Angeles, CA	2003
80-84	Kotelko, Olga	83	17.17	56' 4"	Canada	2002
85-89						
90+	Valien, Johnnye	91	9.98	32' 9"	Los Angeles, CA	2016

Javelin

<u>Men</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Janusey, Michael	50	55.16	180' 11 ½"	PA	2009
55-59	Hansen, John	57	45.95m	150' 9"	Ogden, UT	2015
60-64	Hearn, Edward	64	48.57	159' 4"	Wilmington, NC	2013
65-69	Hearn, Edward	66	45.98m	150' 10"	Wilmington, NC	2015
70-74	Stoddard, Sanford	72	43.28	142'	Candler, NC	2019
75-79	Backstrand, Jim	76	40.5	132' 10"	Portland, OR	2014
80-84	Bergfeldt, Bob	80	32.46	106' 6"	Chandler, AZ	2016
85-89	King, Bill	85	17.44	57' 3"	Huntington Beach, CA	2019
90+	Hall, Roger	91	7.83	25' 8 ¼"	Henderson, NV	2011

Weight Throw

<u>Women</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Lee, Suzette	54	10.42	34' 2 ¼"	Simi Valley, CA	2018
55-59	Mensey, Myrle	56	13.47	44' 2 ¼"	St Louis, MO	2005
60-64	Dutton, Linn	62	12.60	41' 4 ¼"	Pine Valley, CA	2018
65-69	Wright, Evelyn		11.52	37' 9 ½"	Annapolis, MD	2003
70-74	Hafner, Mary	70	7.91	25' 11 ½"	Henderson, NV	2018
75-79	Hunter, Patricia	76	8.83	28' 11 ¾"	Irvine, CA	2018
80-84	Kotelko, Olga	84	7.37	24' 2 ¼"	West Vancouver, BC, Canada	2003

Weight Throw

<u>Men</u>		<u>Age</u>	<u>Mark</u>	<u>Home Town</u>	<u>Year</u>	
50-54	Burton, Ray	50	18.56	60' 10 ¾"	Aloha, OR	2005
55-59	Konen, Hank	59	17.87	58' 7 ½"	Reno, NV	2006
60-64	Matthews, George	61	19.44	65' 5"	Oceanside, CA	2003
65-69	Burke, Edward	66	20.18	66' 2 ½"	Los Gatos, CA	2006

70-74	Burke, Edward	73	21.58	70' 9"	Los Gatos, CA	2013
75-79	Rheams, Larry	75	15.05	49' 4 ½"	Eureka, MO	2017
80-84	LaBarge, Peter	80	13.77	45' 2 ¼"	Runaway Bay, TX	2019
85-89	Durrenberger, Joe	85	9.17	30' 1"	Los Angeles, CA	2019
90+	Lewellen, Harvey	90	8.46	27' 9 ¼"	Springfield, OR	2019

Throws Pentathlon

	<u>Women</u>	<u>Age</u>	<u>Total</u>		<u>Home Town</u>	<u>Year</u>
50-54	Dutton, Linn	54	3467		Pine Valley, CA	2010
55-59	Mensey, Myrtle	57	4031		St Louis, MO	2006
60-64	Alegria, Dybvig	61	4243		Tucson, AZ	2019
65-69	Cohn, Linda	66	3499		Northridge, CA	2018
70-74	Lary, Audrey	72	3654		Fredrick, MD	2006
75-79	Hunter, Patricia	75	2905		Irvine, CA	2017
80-84	McCloud Smith, Doreen	80	2987		N. Vancouver, BC, Canada	2006

Throws Pentathlon

	<u>Men</u>	<u>Age</u>	<u>Total</u>		<u>Home Town</u>	<u>Year</u>
45-49	Jansson, Kenneth		4144		Wichita, KS	2006
50-54	Burton, Ray	50	4438		Aloha, OR	2005
55-59	Burton, Ray	55	4217		Aloha, OR	2010
60-64	Gage, Tom	63	4731		Billings, MT	2006
65-69	Burke, Edward	66	4835		Los Gatos, CA	2006
70-74	Burke, Edward	73	4639		Los Gatos, CA	2013
75-79	Allison, Tom		3988		Eugene, OR	2005
80-84	Bergfeldt, Bob	80	4363		Chandler, AZ	2016
85-89	Durrenberger, Joe	85	2904		Los Angeles, CA	2019
90+	Platts, William	91	4927	***	Boise, ID	2019
				***	Apparent new world record!	

Softball Throw

	<u>Women</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Alegria, Tamara	52	38.48	126' 2 ½"	Tucson, AZ	2010
55-59	Dabrowski, Barbara	59	49.50	162' 5"	Waterloo, ON	2016
60-64	Dabrowski, Barbara	61	43.00	141' 1 ¼"	Waterloo, ON	2018
65-69	Montgomery, Winnie	69	23.03	75' 7"	Houston, TX	2012
70-74	Janne, Dee Anne	73	18.81	61' 8 ¼"	Las Vegas, NV	2010
75-79	Rimrodt, Sophia	76	21.36	70' 1"	San Diego, CA	2012
80-84	Janne, Dee Anne	80	11.90	39' 0.5"	Las Vegas, NV	2017

85-89	Hines, Mary	87	14.00	45' 11.5"	Tucson, AZ	2016
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Softball Throw

	<u>Men</u>	<u>Age</u>	<u>Mark</u>		<u>Home Town</u>	<u>Year</u>
50-54	Jones, Mark	54	70.00	229' 8 ¼"	Albuquerque, NM	2016
55-59	Erickson, Dean	55	89.24	292' 8 ½"		2010
60-64	Rivero, Mark	61	62.50	205' 1"	Las Vegas, NV	2016
65-69	Hearn, Edward	66	58.42m	191' 8"	Wilmington, NC	2015
70-74	Brown, James	72	59.46m	195' 1"	Reno, NV	2015
75-79	Bittner, William	78	46.96	154' ¼"	PA	2012
80-84	Shellenberg, Harvey	80	40.33	132' ¼"	CA	2012
85-89	Thompson, William	86	28.65m	94'	Hamilton, ON	2015